



# Youth Risk Behavior Survey

# Tobacco Use

## General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9<sup>th</sup> through 12<sup>th</sup> graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

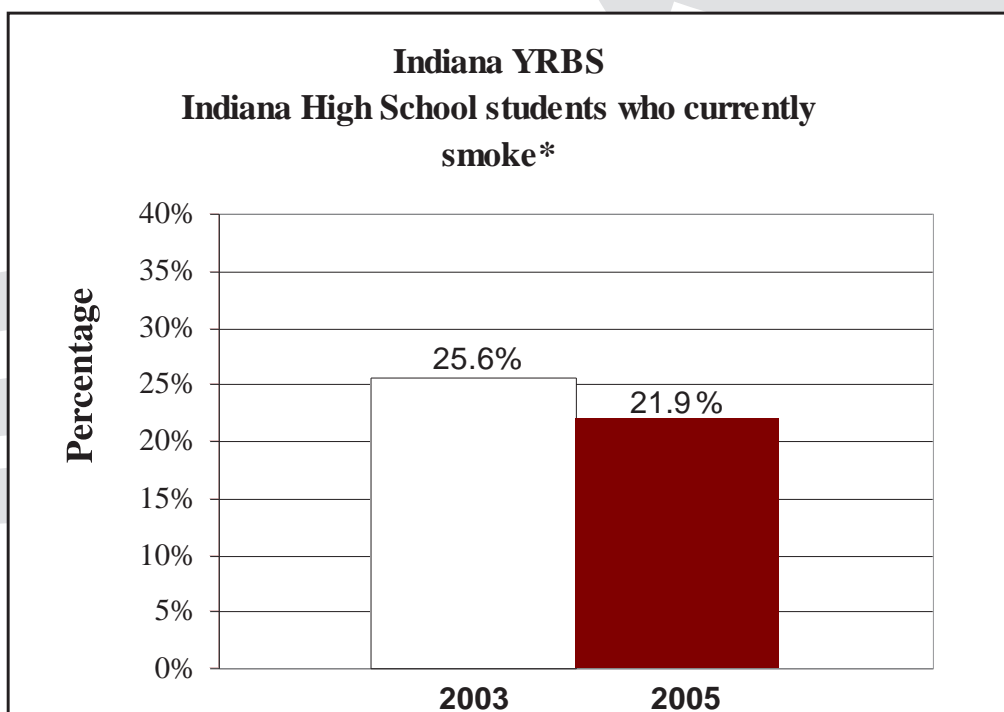
## The Problem

Smoking is responsible for more than one of every six deaths in the United States and remains the single most important preventable cause of death in our society.<sup>1</sup> Children and adolescents who smoke are less physically fit and have more respiratory illnesses than their nonsmoking peers. The list of diseases caused by smoking includes cancer of the bladder, esophagus, larynx, lungs, oral cavity, and throat as well as chronic lung diseases, coronary heart and cardiovascular diseases, reproductive problems, sudden infant death syndrome, and many others.<sup>2</sup>

## Indiana YRBS Data

According to the 2005 Indiana YRBS, 56.9% of Indiana 9<sup>th</sup> through 12<sup>th</sup> grade students had tried smoking a cigarette, and 21.9% of high school students are current smokers, compared to 25.6% in 2003. Although not statistically significant, smoking seems to have decreased among Indiana teenagers as illustrated in Figure I.

**FIGURE I**



\* Smoked cigarettes on one or more of the past 30 days

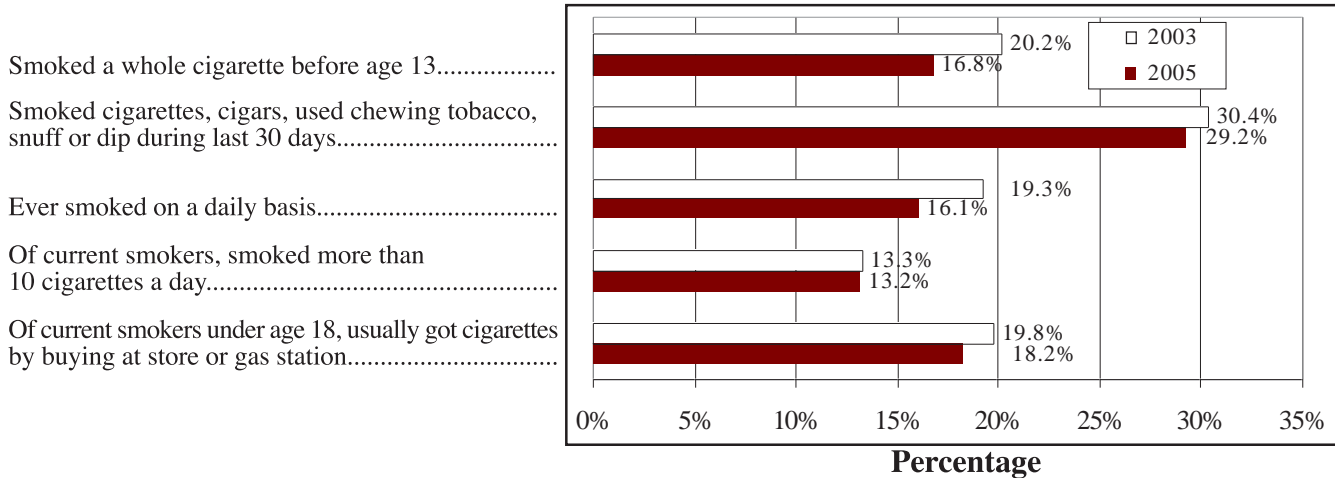
## 2005 Indiana Youth Risk Behavior Survey

### More Facts

Several risk behaviors associated with tobacco use have decreased among Indiana high school students as illustrated in Figure II. However, none of the changes in percentages from 2003 to 2005 are statistically significant.

**FIGURE II**

#### Indiana YRBS Tobacco Use



### Quitting

Quitting smoking has immediate as well as long-term benefits, reducing the risks for diseases caused by smoking and improving health in general. The younger people are when they begin smoking cigarettes, the more likely they are to become strongly addicted to nicotine. Young people who try to quit suffer the same nicotine withdrawal symptoms as adults who try to quit.<sup>3</sup> Several studies have found nicotine to

be addictive in ways similar to heroin, cocaine, and alcohol. Of all addictive behaviors, cigarette smoking is the one most likely to become established during adolescence.<sup>3</sup>

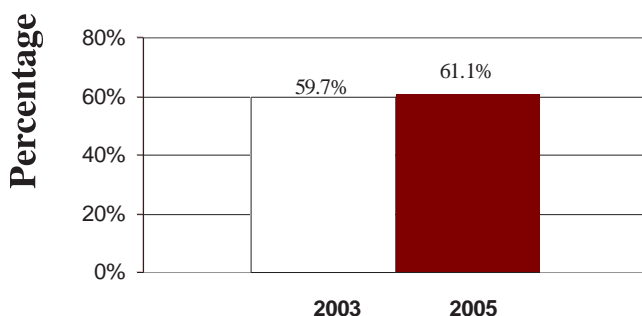
Immediate benefits of quitting smoking include decreasing your chance of a heart attack<sup>4</sup> and regaining normal lung function, thus increasing the ability to handle mucus, clean the lungs, and reduce infection.<sup>5</sup> Long term

health benefits include reducing the risk of a stroke within 5-15 years after quitting.<sup>6</sup> Quitting also reduces the risk of cancer of the lung, mouth, throat, esophagus, bladder, kidney, and pancreas.<sup>5</sup>

According to the 2005 YRBS 61.1% of the students who are current smokers have tried to quit during the past twelve months (See Figure III).

**FIGURE III**

#### Indiana YRBS Current smokers\* who tried to quit during the past 12 months.



\* Smoked cigarettes on one or more of the past 30 days

### Healthy People 2010 goals:

- 27 -2b Reduce the use of tobacco products by adolescents from 40% to 21%.

#### References:

1. *Reducing the Health Consequences of Smoking; 25 years of progress: A report of the Surgeon General.* U.S. department of health and human services, Public Health Service, Centers for Disease Control, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 1989, p. I.
2. *The Health Consequences of Smoking: A Report of the Surgeon General.* U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.
3. *CDC. Preventing Tobacco Use Among Young People, A Report of the Surgeon General.* Atlanta, GA: U.S. Department of Health and Human Services, 1994.
4. US Surgeon General's Report, 1988, p. 202
5. US Surgeon General's Report, 1990, pp. 304, 307, 319, 322
6. US Surgeon General's Report, 1990, p. VI

#### For More Information:

Indiana State Department of Health: 1-800-433-0746

2005 Indiana Youth Risk Behavior Survey (YRBS): [www.in.gov/yrbs](http://www.in.gov/yrbs)

Centers for Disease Control and Prevention - Youth Risk Behavior Surveillance System: [www.cdc.gov/healthyyouth/yrbs](http://www.cdc.gov/healthyyouth/yrbs)